



Green Melon, Cubanelle Peppers and Ricotta Salata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 2 pepperoncini peppers small to medium
- ☐ 1 cup basil loosely packed
- ☐ 4 servings sea salt
- ☐ 0.5 wedges honeydew melon
- ☐ 4 servings olive oil extra virgin good extra-virgin for drizzling
- ☐ 0.3 pound pecorino thinly sliced

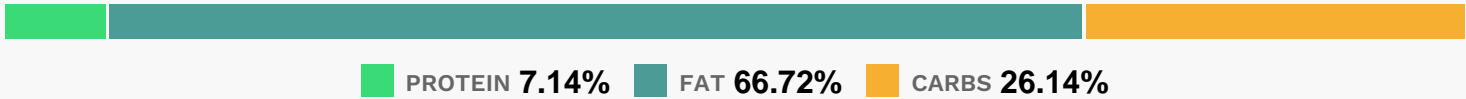
Equipment

☐ bowl

Directions

- ☐ Seed and peel the melon half.
- ☐ Cut it in half lengthwise, then thinly slice crosswise on a diagonal. Trim and seed the peppers, then thinly slice them crosswise into rings.
- ☐ On a large platter, arrange a layer of slightly overlapping melon slices and generously season with crushed pinches of salt.
- ☐ Add layers of the peppers, basil and cheese. If layering a second round, remember to season with salt between the layers of melon. Crush several generous pinches of salt over the top of the salad, then drizzle generously with oil.
- ☐ Serve immediately.
- ☐ Cubanelle peppers (sometimes labeled "Italian frying peppers") are long tapered sorts, mild and sweet. Banana peppers make a good substitute, but be sure to taste first—I prefer a sweet, not hot, pepper for this dish. (Note: banana peppers resemble their semi-fiery cousin, the Hungarian wax pepper, so it's easy to bring home the heat when you are really looking for the sweet.)
- ☐ From Salads: Beyond the Bowl: Extraordinary Recipes for Everyday Eating by Mindy Fox. Text © 2012 by Mindy Fox; photographs © 2012 by Ellen Silverman. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:8.8917390470919%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg

Nutrients (% of daily need)

Calories: 233.42kcal (11.67%), Fat: 17.96g (27.64%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 15.83g (5.28%),
Net Carbohydrates: 14.29g (5.2%), Sugar: 13.18g (14.65%), Cholesterol: 14.46mg (4.82%), Sodium: 247.57mg

(10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 34.01mg (41.23%), Vitamin K: 38.75µg (36.91%), Vitamin E: 2.16mg (14.41%), Potassium: 425.25mg (12.15%), Vitamin A: 539.66IU (10.79%), Folate: 39.33µg (9.83%), Vitamin B6: 0.18mg (9.01%), Calcium: 79.86mg (7.99%), Selenium: 5.26µg (7.52%), Phosphorus: 67.35mg (6.74%), Fiber: 1.55g (6.18%), Manganese: 0.12mg (5.96%), Magnesium: 23.81mg (5.95%), Vitamin B2: 0.08mg (4.81%), Vitamin B1: 0.07mg (4.71%), Vitamin B3: 0.81mg (4.07%), Iron: 0.67mg (3.74%), Copper: 0.07mg (3.62%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.1µg (1.61%)